



Christmas Pudding with Brandy Sauce

READY IN



45 min.

SERVINGS



10

CALORIES



225 kcal

DESSERT

Ingredients

- 0.5 teaspoon baking soda
- 2 tablespoons brandy
- 0.3 cup brown sugar packed
- 0.5 cup apricot dried chopped
- 1 large egg whites
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 0.5 teaspoon nutmeg
- 1.3 cups vanilla ice cream low-fat softened

- 0.3 cup butter softened
- 0.8 cup raisins
- 0.3 teaspoon salt
- 2 tablespoons skim milk
- 2 cups sweet potatoes and into shredded peeled
- 0.5 teaspoon vinegar white
- 1 cup flour whole wheat

Equipment

- bowl
- knife
- whisk
- pot
- aluminum foil

Directions

- Combine first 11 ingredients in a bowl; stir well.
- Combine milk, baking soda, and vinegar; add to sweet potato mixture, stirring until dry ingredients are moist.
- Press sweet potato mixture into a 6-cup steamed-pudding mold coated with cooking spray. Cover tightly with foil or lid coated with cooking spray.
- Place mold on a shallow rack in a stockpot; add boiling water to halfway up sides of mold. Cover and cook in simmering water 3 hours or until knife inserted in center comes out clean, adding water to stockpot as needed. Invert pudding onto a plate; cut into 10 slices.
- Combine softened ice cream and brandy, stirring with a whisk until blended.
- Serve with pudding.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:10.49, Inflammation Score:-10, Nutrition Score:10.529130441987%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 225.02kcal (11.25%), Fat: 5.94g (9.14%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 36.33g (13.21%), Sugar: 16.15g (17.95%), Cholesterol: 5.22mg (1.74%), Sodium: 207.96mg (9.04%), Alcohol: 1g (100%), Alcohol %: 1.29% (100%), Protein: 3.94g (7.88%), Vitamin A: 4303.79IU (86.08%), Manganese: 0.66mg (32.92%), Fiber: 3.44g (13.78%), Selenium: 8.98µg (12.83%), Potassium: 361.73mg (10.34%), Phosphorus: 93.45mg (9.34%), Magnesium: 33.02mg (8.26%), Copper: 0.15mg (7.71%), Vitamin B2: 0.13mg (7.64%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.15%), Iron: 1.16mg (6.44%), Calcium: 62.8mg (6.28%), Vitamin B3: 1.08mg (5.39%), Vitamin B5: 0.45mg (4.47%), Vitamin E: 0.64mg (4.28%), Zinc: 0.6mg (3.99%), Folate: 10.74µg (2.68%), Vitamin B12: 0.12µg (1.92%), Vitamin C: 1.54mg (1.86%), Vitamin K: 1.09µg (1.03%)